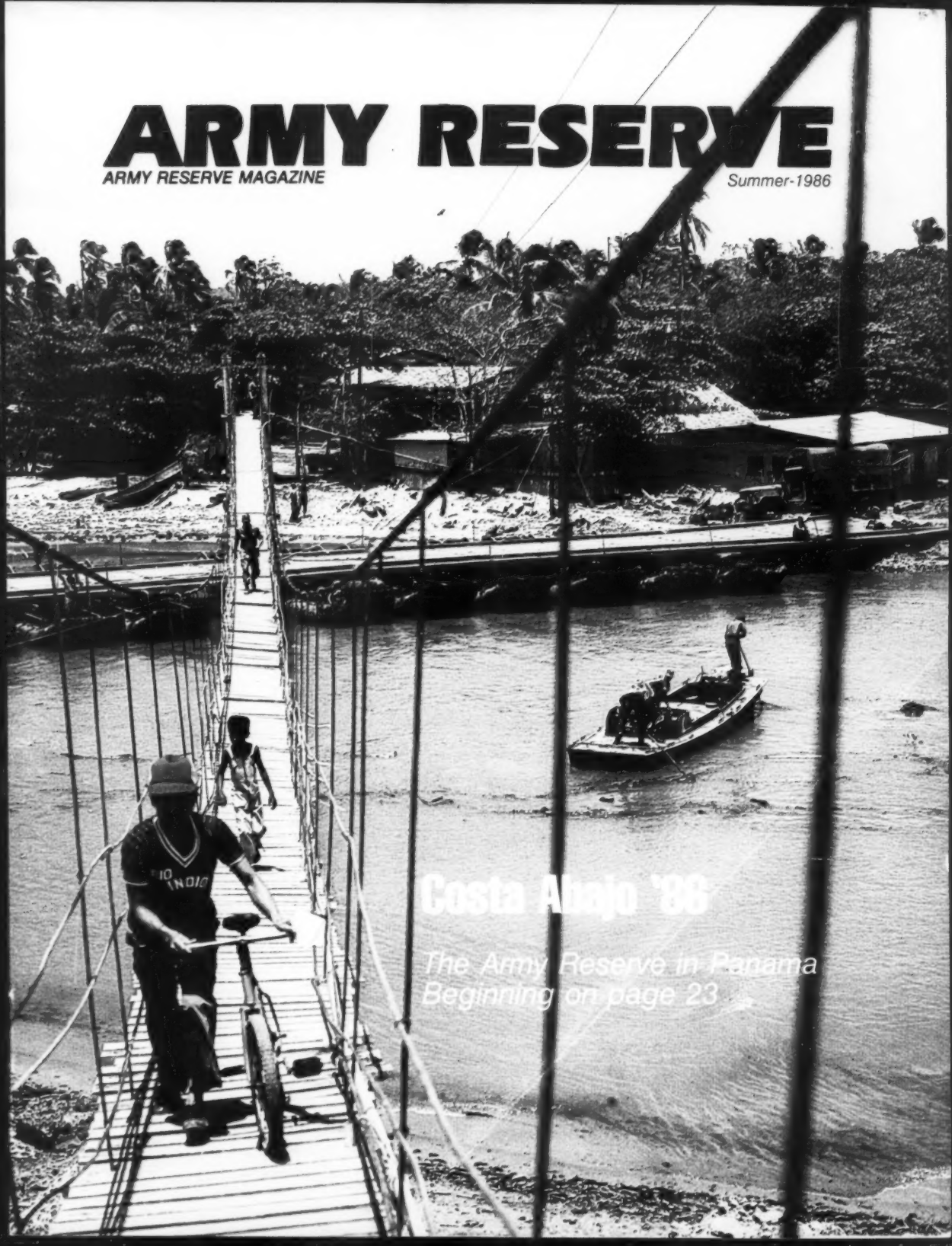
ARMY RESERVE

ARMY RESERVE MAGAZINE

Summer-1986



Costa Anajo '86

The Army Reserve in Panama

Beginning on page 23

INCORRECT VOLUME NUMBER, SHOULD READ VOLUME 32.

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FRONT COVER: The Army Reserve has built a road along more than nine miles of the remote Caribbean coast of Panama, an effort that provides real-world training and pays benefits to the people of Panama. See pages 23-27. U.S. Army Photo by Lew Brodsky

INSIDE COVER, at left: Sgt. Harold Collett, 326th Chemical Co., had just spent 13 days in the sub-freezing winter winds of Bavaria, when captured by the camera of 2d Army's Capt. John Florence. The shot was taken during the Huntsville, Ala. Reserve unit's Annual Training. Have a look at page 19 for more photos and the rest of story.

REAR COVER: Young friends of the Army Reserve in Rio Indio, Panama. More on page 25. Photos by Don Goode

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BRIEFS

■ **How do you change your address for Army Reserve Magazine?** If you're a member of the Individual Ready Reserve (IRR) or an IMA, call your personnel management officer or career advisor at ARPERCEN in St. Louis. Check your records for the right toll-free number. If you're in an Army Reserve unit, make sure your unit reports your change of address in the SIDPERS system. These are the only ways to fix the address, because our "subscription list" is from official records. Please don't call or write the editorial office; we can't help you.

■ A commercial version of **the Army's new gray physical fitness uniform** is making its way into post exchanges and clothing sales stores as an optional purchase item. The uniform includes hooded sweat shirt, sweat pants, nylon lined shorts, and an athletic shirt. Plans call for having the uniform available for requisition as an organization supply item in a couple of years.

■ **A two-week anti-terrorist instructor course** at Ft. Bragg is available to active and Reserve Component soldiers, Staff Sgt. or higher. Graduates return to home station qualified to give anti-terrorism instruction. Apply through channels on DA Form 4187 to CDR, TRADOC (ATTG-MPS), Fort Monroe, Va. The course title is Anti-Terrorist Instructor Qualification Course, course number:5K-F5/012-F30.

■ **You have a friend in your servicing military hospital.** Army members and families know that things don't always run smoothly at Army hospitals and other treatment facilities. So, each hospital now has a patient representative officer (PRO) on staff to answer questions, ease anxiety, and help sort out problems for patients. The name, office number and duty hours for each PRO are posted in hospital waiting rooms.

■ **Survivors of Reservists who die in the line of duty** now may use military health facilities, commissaries, and PXs thanks to a change in Federal law. Survivors of members who died while participating in Active Duty for Training (Annual Training, for instance), inactive duty for training (weekend drills, as an example) or while traveling directly to and from that training earned the entitlements last fall. Health care benefits became available for survivors of those who died after September 29, 1985, commissary and PX privileges for those who died after Nov. 7, 1985.

■ **There's a major move underway to up the nutritional standards** of food served in Army dining facilities. Measures include use of low fat milk, whole wheat buns, a new master menu featuring lower calorie foods, and a cut in sodium use.

■ **Due to budget tightening**, many active Army soldiers are getting early releases from active duty this fiscal year. That means there should be some new faces showing up in Reserve units ahead of schedule, and—for those who don't join units—a boost in the strength of the Individual Ready Reserve.

■ **ID dog tags are now required** for wear during all training and when traveling on Army business in uniform or civilian clothing.

■ Reservists now have up to **a year to use PX entitlements** they've earned. That doubles the old six month use period.

■ Despite what it says in AR 670-1—the Army uniform reg—**there's no such thing as a subdued Army Reserve recruiting badge.** Don't go looking for it.

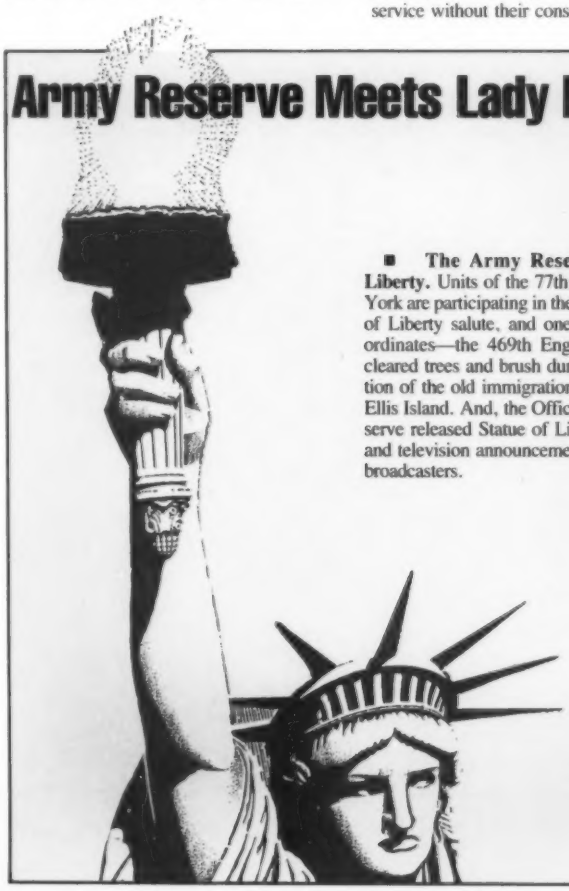
■ The Army Reserve Personnel Center **(ARPERCEN) is looking for IRR Special Forces soldiers** in career management field (CMF) 18. Reenlistment bonuses and training are available. Call toll-free (800) 325-4750, or write CDR, ARPERCEN, ATTN: DARP-EPA-IN/SF, 9700 Page Blvd. St. Louis, MO 63132-5200.

■ **If you're an Army Reservist seeking civilian employment in the midwest**, the Army Reserve is looking for technicians and may have a job for you. Call or write the Special Examining Unit, Civilian Personnel Office, Fort McCoy, Wis. 54656. Phone number is AV 280-3781 or commercial (608) 388-3781.

■ U.S. Army Reserve **Schools now have a new name:** "U.S. Army Reserve Forces Schools."

■ **USAR officers having 18 or 19 years of qualifying service** for retired pay will not be removed from active status for length of service without their consent.

Army Reserve Meets Lady Liberty



■ **The Army Reserve believes in Liberty.** Units of the 77th ARCOM in New York are participating in the 4th of July Statue of Liberty salute, and one of the 77th subordinates—the 469th Engineer Battalion—cleared trees and brush during the rehabilitation of the old immigration station at nearby Ellis Island. And, the Office Army Chief Reserve released Statue of Liberty theme radio and television announcements to the nation's broadcasters.

LETTERS

In the winter issue of *Army Reserve Magazine*, we published in good faith a letter which we believed to be an original tribute to the late Captain Dean K. Phillips. Since that time, we have learned that the letter drew without credit on an earlier article written by Lewis B. Puller and published in *The Washington Post* on August 31, 1985. We regret this, and we are publishing this notice in order to set the record straight. *See page 10.*

Sir:

Diane Dove's timely article, "USAR Training Units," in the Spring issue was very interesting. There is, however, one update which should be made to it: in addition to the FORSCOM training units listed in the article, there is another USAR training command, Health Service Command's 3457th Medical Training Center, Houston, Tex.

Col. M. Courtland Clayton
Carlisle Barracks, Pa.

Sir:

Please rush me information about the attached statement (from an article in the Spring magazine) that notes: "after his 60th birthday a Reservist with 3,600 points can apply for retirement pay . . ." In 34 years of Reserve duty I earned 3215 points. Does that mean I get nothing?

Lt. Col. Ernest P. Trompen
Grand Rapids, Mich.

No, it doesn't. The figure was just an example, from which we went on to compute the retirement pay—per month—that a Staff Sergeant would draw who retired with 3,600 points. We apologize for the wording and for the resulting computation, which was also wrong. In our example, the retired pay per month should have been $361.87, based on current rates, not the $186 shown. A number of other readers caught that error and we thank one and all for keeping us straight.

Sir:

Regarding the Spring 1986 issue, I wish to point out two mistakes, one of which may cause unnecessary apprehension among your readers.

The less significant is in your article on chemical warfare, wherein you state that the two components of the binary weapon system are harmless. While one of the componenets of the binary G agent systems is isopropanol (rubbing alcohol), the other is difluoromethylphosphonate (coded DF) which is a moderate chlorinesterase inhibitor, extremely corrosive and violently reactive with water to release hydrofluoric acid, a highly toxic and corrosive gas. The components of the binary system for GB-2 are safe only relative to the unitary munitions they replace.

The more important error appears in the article on the ongoing AIDS testing program. You state that soldiers are screened for the presence of the AIDS virus. This is not correct. The screening tests are used only to determine the presence of antibodies to the AIDS virus. This is an important distinction. The presence of antibodies demonstrates that the individual was at some time exposed to the AIDS virus, not that he does—or does not—have it now or that he will develop a case of AIDS. At this time it is not clear what the relationship between antibody positive and virus positive is, nor even how many people who are virus positive ever end up with a clinical case of the disease. Due to the near panic situation which surrounds AIDS, it is important that these distinctions be made.

Capt. David Clark
Oak Forest, Ill.

Thanks for your information and candor. Material in the magazine is usually based on official sources and—as you might imagine—it is staffed and reviewed before publication. But despite this, we do make mistakes of both omission and commission. Letters such as your help us get and keep the record straight.

On the AIDS issue, our Medical Advisor points out that you are correct, and adds that infection with the virus should not be confused with the disease, AIDS. The Army has adopted a policy to refer to HTLV-III infections in terms of relative stages of infection.

Sir:

I read with interest your article "The New GI Bill is Here." . . . perhaps the new GI Bill would provide financial assistance so we could attend local colleges that offer courses related to our MOS. Right? Wrong. If a soldier already has a degree, he or she can't use the new GI Bill . . . Knowledge, to be effective, must be an on-going endeavor—just like our military skills.

Sgt. Patrick M. Cassell
Phoenix, Ariz.

Interesting idea. We'll pass it on to the Reserve pay and benefits people who—incidentally—are looking for suggestions just such as yours. See our article in the Policy Department on page 29.

Sir:

I am a TPU Reservist, my unit is the 1018th Reception Station, of the 78th Division (Training). There are 15 drill sergeants in our unit and I am very proud to be one of them. We all trained hard, not only in drill sergeant school but at each drill and each Annual Training as well. I believe my unit is the best unit in this area; everyone knows his or her job, stays well informed, organized, and is always full of pride and motivation.

Should the 1018th ever mobilize, I am certain that we would welcome it at a moment's notice . . .

I would like to invite the *Army Reserve Magazine* to do a layout on my unit . . . you must see the pride the people have, not only in themselves but in the Army Reserve.

Staff Sgt. Ethel L. Vinson
Fort Dix, N.J.

Sounds like a great outfit, and we wish we could come. But, "we" are a one-person editorial staff, and unfortunately—as much as we'd like to visit all 3,000 USAR units—we have to stick pretty close to the computer terminal to keep the magazine on time. We'd welcome a story about your unit—have a word with the 78th Division's public affairs officer.

Sir:

I have been a cover-to-cover reader of your magazine for many years now, and I've been very impressed with its content, variety of coverage, and overall readibility.

Col. Henry J. Pratt
Lakewood, Colo.

Col. Pratt is no relation to Maj. Bob Pratt, who edited this magazine from March of 1981 through March of 1986. His last issue was the Spring 1986 magazine, and he appreciates Col. Pratt's compliments.

Taylor enjoying his leisure
U.S. Army Photo by Dorothy Young

What does an Army Reservist do in his free time while serving a two-week Overseas Deployment Training tour in Italy? Go to the beach? Go to Rome to do as the Roman do?

Not if you're 1st Lt. **William R. Taylor, Jr.,** of the USAR 802d Ordnance Company, Gainesville, Ga. Instead, you run in an 18 kilometer race in a town named Fornacetta, and you finish in second place.

Taylor is 32, and has been running for less than four years. He began running while taking his officer advanced course—where running was a requirement—and because he wanted to lose some weight. A trim 130 pounds, he runs 40 to 50 miles a week now, and counts among his worst fears losing the desire to run, or getting hurt so that he can't.

•

Cobb (left) and Cavasso discuss politics U.S. Army Photo by Don Hurlbert

It's been said that politics makes strange bedfellows, but at Exercise Yama Sukura IX, the Army Reserve made strange bedfellows out of two politicians. Specifically, the two are state legislators from Hawaii, and Reservists in the same unit.

Lt. Col. **Steve Cobb** and Capt. **Cam Cavasso** — both of the Army Reserve's IX Corps (Augmentation) at Fort Derussy, Hawaii — shared barracks room at Camp Higashi-Chitose, in Hokkaido, Japan.

Cobb is a state senator; Cavasso is a state representative.

Cobb is a Democrat; Cavasso's a Republican.

But despite the party difference, the two had only a few things to argue about. Both describe themselves as supportive of business and commerce and both firmly believe in peace through strength.

"We're on the same wavelength on anything that's military related," said Cobb.

But disagreements did creep in.

"We do have some discussion on the issues," Cobb explained, "he's very hard to convince one way or another."

"Yes, we do find ourselves in debate," agreed Cavasso, "we'll discuss the issues, how we feel about them where we're coming from. It's a unique opportunity to express my views one-on-one. During the (legislative) session, we don't have much of an opportunity."

The political talk did not get in the way of friendly jesting between the two: Cobb noted that he'd won his last election with 81 percent of the vote; Cavasso took his by a grand total of 21 votes.

Cobb enjoyed pointing out Cavasso's biggest political challenge: "His big election will be his first reelection. Especially in the house, almost anyone can get elected the first time. But when you come around the second time, well . . ."

Cobb has won election three times.

•

Kimberly Schopf, a 17-year old high school senior from New Berlin, Wis., has been elected first-place winner of the fourth annual U.S. Army Reserve National Essay Contest. Schopf attends Eisenhower High School in New Berlin. Her essay was picked from among 6,000 entries from more than 400 participating high schools across the country.

Schopf was honored in a special ceremony in Washington in June. She and an escort were the guests of the Army Reserve. Schopf received a $1,000 U.S. Savings Bond, courtesy of the Reserve Officers Association of the United States, and an etched glass trophy from the Army Reserve. Her high school also received a trophy.

In her essay, Schopf interpreted a quote from President Ronald Reagan, a former Army Reserve officer himself. Mr. Reagan said ". . . it is through our strength and through the commitment of citizen-soldiers . . . that America has preserved the peace."

Schopf described the values and principles upheld by part-time soldiers serv-

Schopf, top essayist

ing in the Army Reserve, and interpreted President Reagan's reference to the "commitment" of the citizen soldier.

She wrote: "The soldier is a soldier because he wishes to defend the principles and privileges of his citizenship. He is a partisan of our defense force as well as a productive member of civilian society."

Schopf's essay was selected — together with the second- and third-place winners—by a panel of judges in Washington, D.C. On the panel were: Thomas DeFrank, correspondent with Newsweek Magazine; Laird Anderson, professor of communication at American University; Patrick Carlton, professor of education at Virginia Polytechnic Institute, and Lewis Brodsky and William Congo of the Office of the Chief, Army Reserve.

Schopf is the daughter of Mr. & Mrs. Thomas Schopf of New Berlin, Wis. She is a member of the staff of her school newspaper, student government, marching band, and the cross country and track teams. She plans to attend Carroll College in Waukesha, Wis., to study English.

After the judging of the contest, Army Reserve officials had a happy surprise in store. They discovered that—since penning her essay—Schopf has joined the Army Reserve! She enlisted to become a military journalist with the USAR's 84th Division (Training) in Milwaukee, and was scheduled to begin her basic training just a few days after the Washington awards ceremony.

•

The late Col. **Ernest H. Dervishian,** a long time member of the staff of the Army Reserve's 80th Division (Training,) was honored recently when an Army Reserve center was dedicated in his name.

Col. Dervishian died in 1984, following a distinguished career as an attorney in his hometown, Richmond, Va. It was there that Reserve center was named for him.

Col. Dervishian earned his commission as a Reserve officer the hard way, in battle near Cisterna, Italy on May 23, 1944. The commission was only the secondary honor earned that day by then-Technical Sgt. Dervishian; for the same action he was awarded the Medal of Honor.

The action began with Sgt. Dervishian leading four members of his scattered platoon against German soldiers hidden near a railroad embankment. While his men provided covering fire, Dervishian—shooting his carbine—forced 10 Germans to surrender. Fifteen more Germans gave up to other soldiers in Dervishian's platoon. Dervishian dashed forward to capture nine more enemy soldiers fleeing across a bridge.

Then, joined by four more buddies, Dervishian's group engaged another German force fighting in a vineyard. Using a hand grenade and a carbine, Dervishian assaulted a German machine-gun position, forcing its four man crew to surrender. He then jumped into the captured position and opened fire on a second enemy machine-gun nest. Grabbing a machine-pistol, he began fire on another enemy position simultaneously, resulting in 10 more Germans throwing down their weapons.

Dervishian wasn't finished. He picked up another abandoned machine pistol and attacked a German position near a house, forcing six more Germans to surrender. In total, Dervishian single-handedly captured 39 soliders and directed the capture of 15 more.

After the war, Dervishian resumed the practice of law and became active in the Army Reserve. He was for ten years the

Dervishian. He stands below in helmet on the day in Jan. 1945 that he received the Medal of Honor. Lt. Gens. Mark Clark (left) and Lucian K. Truscott (center) officiated. U.S. Army Signal Corps Photos

Staff Judge Advocate of the 80th Division, the Richmond headquarters of which now bears his name.

John O. Marsh, Jr., Secretary of the Army, and Maj. Gen. William R. Berkman, Chief, Army Reserve, were among the dignitaries at the ceremony honoring Col. Dervishian.

Adapted from a story by Capt. Mari K. Eder, 80th Division (Tng).

Sammarco, Nirnstein and friends prepare for Vietnam Veterans Scholarship Road Race

LaBianca Studios

Capt. **Domenic Sammarco**, a member of the 340th General Hospital in Connecticut, recently helped organize the first Vietnam Veteran Scholarship Road Race in Norwalk, Conn. The race was a five kilometer event.

The race attracted more than 130 participants, and raised more than $1500 for a local scholarship fund to help send the son or daughter of a deceased Vietnam veteran on to an institution of higher learning.

Four runners from the 340th competed, as did **Al Nirnstein**, a disabled Vietnam veteran who competed from his wheelchair. Nirnstein finished the race in 22d place. •

As the first woman chaplain in the 81st Army Reserve Command, 1st. Lt. **Paula Constantini** considers herself a pioneer of sorts. A woman in a traditionally male-dominated field of military clergy, Constantini faced the challenge of performing her role fulltime.

Her unit — the 345th Combat Support Hospital — was positioned in Dinkelsbuhl, West Germany, earlier this year. Her mission was to provide moral support and religious services to members of her unit and to hospital patients, as well as to minister to other units.

She hit the ground running.

"At this point, with this being a new exercise, there are a lot of new challenges for all of us," she said during her first day in Europe. "Jet lag, fatigue and adjustment to German culture have been a strain on many of the troops, and much of this ministry has been to circulate among our people."

Constantini's civilian occupation closely parallels her assignment in the Army Reserve. She is the Pastoral Counseling Resident for the Georgia Baptist Medical Center in Atlanta.

Constantini is the assistant to Capt. William M. Carmichael, the 345th's chief chaplain.

Says Carmichael, "The 345th is more than a team effort; unit members support each other and work together as a team, but they also have a high degree of caring. This sense of family enhances their effectiveness."

Chaplains Constantini, Carmichael

U.S. Army Photo by Mike Rasbury

On the road with Russ McClanahan, in Central America

U.S. Army Photo by Pat Johnston

"On the road again, just can't wait to get on the road again"—the strains of this popular Willie Nelson song were belted out of the bus into the humid night air of Panama City, Panama, by 28 tired members of the 209th Public Affairs Detachment of Rome, Ga.

Among the group was Sgt. **Russell McClanahan** of the 209th, who was picking the banjo as the unit sung along.

McClanahan is a self-taught guitar, harmonica, mandolin, fiddle and banjo player, whose musical talents charmed not only the 209th, but other soldiers and scores of Panamanian and Honduran citizens with whom the unit came in contact during two training tours in Central America. While on duty, he served as a television cameraman, but the rest of the time he spent entertaining the troops and the local folks. One time, he helped soothe the nerves of some anxious Honduran children awaiting medical treatment.

"Seems like it doesn't matter where he is, he's a definite asset between us and other people . . ." said Capt. Gary Collins of the 209th.

Staff Sgt. Charles Smith says about McClanahan, "I think his banjo pickin' is the best morale booster the 209th has."

The musical McClanahan—a Reservist since 1979—is a busy man. He teaches guitar and banjo, works at a music store, teaches swimming and works at the YMCA. In his spare time, he enjoys white water canoeing and kayaking, and has just completed a 300 mile bicycle ride across Georgia.

Top Drills Groehler and Kim

Pictured here are the top drill sergeants from the active Army and the Army Reserve, winners of the annual Drill Sergeant of the Year Competition.

At left is Staff Sgt. **Arnold J. Groehler**, a member of the Army Reserve's Battery D, 3d Battalion, 3d Brigade, 84th Division (Training). The division has its headquarters at Milwaukee. Groehler lives in Johnson Creek, Wis., with his wife, Kyung Yung. In civilian life, Groehler works in a nursery. He is a former artilleryman, and is the first Staff Sergeant to ever capture the annual award.

Army Reserve drill sergeants from 11 training divisions competed for the honor.

At right is Sgt. 1st Class **Dae K. Kim**, the active Army winner.

Dean Phillips

The Bonding of War

by Lewis B. Puller
© The Washington Post

On Monday morning the Army, which he had served so valiantly, buried Dean K. Phillips with the full panoply of military honors that was his due. This much decorated citizen soldier and fellow Vietnam veteran was laid to rest in his uniform, the ribbons on his chest a solemn testament to the professionalism he had brought to his calling in the now distant rice paddies of an earlier and more troubled era. In the end, the ravages of cancer were able to affect that which another formidable, though less insidious, enemy had been unable to accomplish almost 20 years previously. Throughout it all, Dean's courage served as a beacon to all of us who loved and admired him.

As his friends and family gathered at the grave site in a stand of pines beneath a slate gray August sky in Arlington National Cemetery to pay their last respects, I reflected on what his passing meant to me and on the special covenant that binds men who have experienced the horrors of war. I had been to see him one last time shortly before he died, not because we were particularly close, but because ours was a kinship forged in the bloody crucible of Vietnam, and because I felt an urgent need to honor him for what he had endured. He had by then become a shell of his former robust self, the cataclysmic virulence of the cancer having almost run its course, but his handshake remained firm and his thinking clear.

He had been to see "Rambo" several weeks earlier, which he disliked for a number of reasons, among them the facile way the picture treated death and the distortedly romatic gloss it placed on combat. Dean knew better, and we discussed the new patriotism and the so-called revisionist view of Vietnam at length. He had enlisted in the Army in the mid-'60s despite having been granted a student deferment to attend law school, and he had refused a commission out of a desire to serve in the ranks. Often at odds with the Army as an institution, he nevertheless passionately loved its soldiers, and his service in Vietnam earned him two Silver Stars, two Bronze Stars and a Purple Heart. He told me that he did not understand the cyclical view of patriotism, and he was realistic enough to know that no amount of revisionism could erase the obloquy returning veterans faced as they attempted to reenter the mainstream of society in the late '60s and early '70s. He had devoted his the remainder of his professional life to easing that transition by his tireless work as an attorney on issues affecting veterans.

I spent several hours with Dean that sultry summer afternoon, and I watched him mask his pain as he acted the good host and tended to the needs of his company. I could see also by his conversation and demeanor that he was putting his house in order and preparing himself for the final battle. As I readied myself to leave, he took my hand in both of his and told me that he hoped he had been able to do some good for mankind in the time he had been given. I do not know if his final words to me were a question or a declaration, but I was able to squeeze his hands by way of affirmation in what I now regard as a woefully inadequate response.

Dean Phillips died at home with his family a month later, beaten but not bowed by an enemy whose onslaughts he was powerless ultimately to turn aside. He was 42 years old and left behind grieving parents, a loving wife and daughter, and a 2-year-old son who will develop at best only a vicarious insight into his father's enormous stature.

He is gone now, joined at last with his beloved brothers whose names appear on the Vietnam Memorial, most of whom died themselves in their teens and early twenties well before their time, like Dean, and I am as yet unable to derive any meaning or take any solace from his death. I know only that he touched my heart, and I am richer for having shared his life.

After his Vietnam service, Dean K. Phillips became an officer in the Army Reserve. His Reserve assignments included—among others—command of a unit of the 11th Special Forces Group.

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More on the Musters

The Army takes a closer look at the January '86 voluntary IRR muster as it plans for a year-long, mandatory IRR screening in fiscal year '87

There are more than 300,000 members of the Individual Ready Reserve (IRR). Most of these soldiers are enlisted. They include former Active Army soldiers as well as soldiers who have had some service in Army Reserve and Army National Guard units. Because most of its members do not train regularly, the IRR is little known by the average American. But that changed in January 1986.

Then, on TV, on the radio and in newspapers, some 68.8 million Americans learned that there was an IRR, and that the Army was conducting Congressionally-directed musters of some of its members. The January musters were the first in nearly a century and-a-half.

In the last issue of *Army Reserve Magazine*, we reported how the musters worked. Now we'll take a closer look at what we learned about the musters, and how we are moving to meet the challenges they posed.

Congressional Requirements

Congress imposed four requirements for the musters and the Army tacked on nine more.

Army officials were told to voluntarily muster from 3,000 to 5,000 Individual Ready Reservists, nationwide, and to provide any evidence of civilian occupational hardship or employer conflicts uncovered by the test.

Letters and orders mailed to the IRR clearly established the voluntary nature of the test. As it turned out, 6,678 Reservists participated; 133 percent of the target goal was achieved.

Although Congress was "particularly interested" to receive any information on civilian occupational hardships or employer conflict problems, this data could not be gathered. The reason, cited the Army, was "the voluntary aspect of the test muster and the optional choice of participation dates." And all of the musters were conducted on weekends, when employment conflicts were lessened.

The second Congressional requirement was to evaluate the current call-up plans, procedures, and the Army's ability to mobilize the IRR.

Here's the way an IRR mobilization would work: the Army Reserve Personnel Center (ARPERCEN) is charged with notifying Individual Ready Reservists to report to mobilization stations during a crisis. This notification would be made by Western Union Mailgrams. Based on current plans, IRR soldiers will report to duty at a designated mobilization station, seven days from the time that the mobilization was declared.

To test the adequacy of current call-up procedures, the Army tested its mailgram system. The Army maintains address records of the IRR on a magnetic file called the Reserve Personnel Master File (RPMF). It would use the information on the RPMF to dispatch the mobilization mailgrams. For January's musters, mailgrams were sent to 5,951 Individual Ready Reservists, who, says the Army, "volunteered far enough in advance to allow development of test tapes."

The procedure worked like this: using addresses maintained on the RPMF, the Army dispatched nearly 30,000 letters soliciting IRR soldiers to turn out for the musters. Of the nearly 30,000 letters sent, 3,403 or 11.5 percent of the letters were returned as undeliverable. Some 5,951 Reservists responded to the call. A new tape file was then made of the addresses of these 5,951 volunteers and it was this verified address information that the Army used to send the mailgrams.

The Army concluded that "Plans and procedures for calling up the IRR utilizing mailgrams appear to be adequate."

Continued

Mustered Individual Ready Reservists were briefed . . .

The accuracy of the RPMF, the master file the Army would use to send mailgrams calling-up the IRR during a mobilization, was itself not tested. The only data developed that has a direct bearing on the RPMF was obtained in a survey of IRR muster participants. The IRR soldiers were asked if they received the *Army Reserve Magazine*. The magazine goes to all Army Reservists, including all members of the IRR, and is mailed to addresses maintained on the RPMF. A significant number of the musterees—some 35 percent—said that they didn't receive the publication.

The third Congressional requirement was to address concerns about the number of IRR members who would respond to an actual call-up. The musters couldn't address this requirement, said the Army, because the show-up rate "probably couldn't be quantified during peacetime . . . due to crisis variables which could not be simulated."

Responsiveness was dependent on two factors: "(1) Individual and public attitudes toward the national emergency leading to a call-up and (2) perceived sanctions for failure to report," Army officials said. Therefore, because there was no crisis and because the muster was voluntary, no conclusion was reached concerning who might show up in a real mobilization.

The fourth and final Congressional requirement was to evaluate the physical condition and military skill retention levels of the IRR. In assessing the physical condition of the IRR soldiers who came to the musters, the Army measured height, weight, and blood pressure, and took a statement of medical condition from each soldier. Physicians interviewed soldiers with outdated medical exams and those who reported a significant change in their health. The results: 78 percent of the participants met Army weight standards; 81 percent were rated deployable worldwide; 10 percent required additional evaluation, and 9 percent were judged not fit for world-wide deployment.

The IRR soldiers who were judged not physically fit for deployment had in most cases experienced a change in their health since their last military physical examination, and had not informed ARPERCEN of the change. While all Reservists are required to have a physical examination every four years, failure to have a current physical does not remove the soldier from the ranks of the IRR. About 20 percent of the muster attendees were found to have outdated physicals.

The medical problems which caused the nine percent to be rated unfit included high blood pressure and other circulatory problems, knee and ankle injuries and serious illnesses. While most of the afflicted soldiers already knew about their health problem, some Reservists first learned of dangerous high blood pressure or other health problems at the muster.

To gauge how well the soldiers retained their military skills, muster teams administered the Army's Common Task Test (CTT). Of the Reservists tested, about half were found to be proficient in nine of the 17 tasks. And some soldiers got a special test, where no pass or fail standards had been established. Individual Ready Reservists who held the MOS of 11B (Infantryman), 13B (Cannon Crewman), and 63B (Light Wheeled Vehicle and Power Generator Mechanic) were tested. The results: Without prior study or review, Reservists answered an average of 42 percent of the questions correctly. Based on the results of the test, the Army concluded that, "pre- or post-mobilization training in both common and occupational skills is required to return IRR soldiers to an appropriate functional level." The proposed areas where refresher training is indicated are map and compass reading and vehicle identification.

Army Requirements

The Army added nine requirements of its own to the musters. The first two of these were to fingerprint participants and to issue Reserve Component I.D. cards. All muster participants were fingerprinted and Reserve Component identification cards were issued to 3,367.

The third Army requirement was to pay the volunteers, on-site, and to evaluate the impact of that pay. Participants were given partial pay by check or traveler's check at each muster site, with travel and allowance money to follow in the mail. Fifty-six percent of the soldiers viewed this as a positive inducement for attending the mus-

. . . and fingerprinted; Maj. Gen. William R. Berkman, Chief, Army Reserve, keeps tabs on the techniques

ter. The Army concluded that providing dollars-in-hand was a good idea.

The fourth and fifth Army requirements were to conduct information briefings and to provide an opportunity for officials to tell the soldiers about Army Reserve recruiting and retention options. ARPERCEN personnel management officers and career advisors briefed the soldiers on benefits, training and assignment opportunities; they identified 1,214 soldiers interested in assignments to Army Reserve units. And 82 soldiers used the musters to reenlist in the IRR.

The sixth Army requirement was to conduct full medical examinations for a sample of the IRR soldiers who appeared for the musters. A test group of 100 individuals without current medical records was examined. The Army found that 70 percent of them would be medically fit for deployment. Of the 30 percent not medically fit, five were evaluated as not deployable, three were not qualified for retention, and 22 were undergoing further evaluation. Overall, 1,230 soldiers—or 18 percent of those participating—had medical records.

Army requirement seven asked muster officials to track the costs of the muster. The final cost will not be known until travel and allowance pay is computed, but the total estimated cost is put at $929 thousand.

The Army's eighth requirement was to update the Reservists' personnel records. Of the 6,678 soldiers participating, 4,309 changes were made to the personnel records.

The Army's ninth and final requirement directed that Reservists attending the muster complete a critique of it. Of those individuals who responded to the question on the value of the muster activities, 89 percent felt the muster was worthwhile.

More Musters?

The Department of Defense has directed each of the military services to conduct a mandatory one-day call-up to screen IRR soldiers during Fiscal Year 1987 (which begins Oct. 1, 1986). The Army will use recruiting stations—next year—instead of Army Reserve Centers. The U.S. Army Recruiting Command, with assistance from ARPERCEN, will conduct the mandatory screening throughout 1987. Plans call for IRR soldiers to report to a local recruiting station, usually during their birthmonth. Plans are also underway for a national advertising and publicity campaign to inform the public—and members of the IRR—about the the mandatory one day call-ups.

What Does It All Mean

The January musters raised vital points that the Army is now addressing. High among these is the need to improve the military skills of the IRR. Nearly 63 percent of the Reservists who took part in the muster were separated from the Active Army for two years or less.

Test results indicate that refresher training for the IRR is needed in map and compass reading and in vehicle identification. Other weak areas identified were chemical decontamination procedures and maintenance of the M17 protective mask with hood, areas which are also weak for the active component.

The Army recognizes that the longer an individual soldier is isolated from practicing his soldier skills, the greater the deterioration is of those skills. The erosion of these skills will accelerate over time. This takes on added significance since soldiers are now facing an eight year military service obligation.

This is an important issue. The IRR is the Army's major source of pre-trained manpower that would be called to fill the ranks Active Army, Guard and Reserve units after a call-up.

The IRR muster results point the Army towards specific training needs for members of the Individual Ready Reserve.

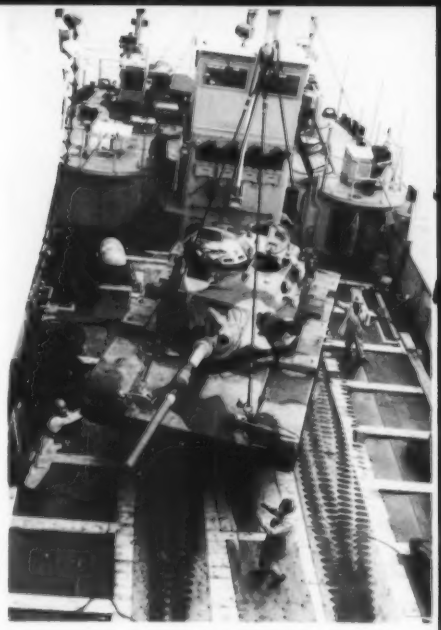
Future musters will give the Army more definitive information on the current military status of its largest pre-trained manpower source.

What else was achieved? Nearly 70 million Americans learned—through an intensive publicity campaign—that the Army was taking bold new steps to make the IRR a more integral part of the Total Army. Indeed, 18 percent of those attending the muster were "walk-ins"—soldiers who arrived unexpectedly with no orders.

In large part, this high "walk-in"' rate was due to a hardhitting Army Reserve public awareness campaign, a campaign which later earned a prestigious Silver Anvil Award. Granted by the Public Relations Society of America, the Silver Anvil is considered the OSCAR of the public relations field. The award, earned by the Office, Chief Army Reserve, was the only one granted a federal government agency this year.

Perhaps one of the greatest challenges dramatized in the musters is the need to validate the names and addresses of Individual Ready Reservists in the RPMF—the master address list used to order all IRR's to duty. The Army is cognizant of this and is moving to improve the accuracy of the RPMF itself. For in a crisis—the Army knows—there will be no time to validate addresses.

If you're a member of the Individual Ready Reserve, it is critical that you keep in Army Reserve Personnel Center aware of your whereabouts. Call your personnel manager or career advisor on the toll-free line you've been furnished, or write: CDR, ARPERCEN, ATTN: DARP-EPO, 9700 Page Blvd., St. Louis, MO. 63132-5200



Above and left, all ashore that's going ashore; below, Skipper CWO-3 Ted Rogers, on the bridge.

U.S. Army Photos by Pam Briola

Marine Tanks Toted for Navy by USAR Transportation Unit

by Pam Briola
124th ARCOM

Once again assigned an unusual and challenging mission, the Army Reserve's 481st Transportation Company (Heavy Boat) recently transported 10 Marine Corps M-60 tanks over the waters of California's Suisun Bay.

The tanks were only part of the cargo being offloaded from the *American Spitfire*, a ship which recently returned from a three-year stint at Guam as a part of the Military Sealift Command's prepositioning fleet.

The tanks could not be offloaded onto the Concord, Calif., Naval Weapons Station's wooden pier because they were too heavy. The only other place to unload them would be another nearby base, and none of them were capable of handling the ammunition which was also onboard.

So, the Navy called Lt. Greg Smith of the 481st to see if the USAR unit could assist in landing the tanks.

Yes, we can, replied the 481st, and its USAV *Chippewa* (LCU-1507), was assigned the mission. The *Chippewa* is skippered by Chief Warrant Officer Ted Rogers and crewed by Chief Warrant Officer James Bundgaard, Sgts. 1st Class Joe Tyler and Paul Clifton, and Sgts. Andrew McBride, David Seyler and Leo Radulovich.

After a postponement of several weeks because the *American Spitfire* had been damaged in heavy weather while crossing the Pacific, the appointed morning finally arrived. A thick, rainy cloud cover, complete with fog, moved in and around the piers where the tanks were to be landed, adding to the challenge.

Civilian stevedores and riggers from the Navy's weapons station pulled the tanks, engines running, from the hold of the ship and set them onto the *Chippewa's* plywood-covered deck. Placing the tanks was a tricky operation; imbalance could have swamped or capsized the *Chippewa*.

But all went well. A trial run with just one tank occurred early in the morning; thereafter two tanks were loaded for each run ashore until all the tanks were landed.

The *Chippewa's* crew hauled ropes and helped the riggers. Civilian tank drivers were lowered to the *Chippewa's* deck from the towering height of the *American Spitfire*, and then the landing craft headed for the beach. There a modular metal roadway had been laid and the tanks began to roll ashore. The fog was so thick, at times, that truck and auto headlamps were used to mark the landing point.

The 481st was glad to help the Navy and glad for the challenging, real-world training the project provided.

Where We Stand

In its 79th year, USAR Better than ever before

Every year at this time, the Army Reserve takes a look at itself, takes a look at where it is, takes a look at where it's going. And then it publishes what it sees in a weighty document called "The Posture of the U.S. Army Reserve . . ."

The posture statement — whose author is the boss, Maj. Gen. William R. Berkman, Chief of the Army Reserve — is more than a hundred pages long, far too hefty for reprinting here. But because every reader of this magazine is a crucial part of the Army Reserve, we've hit the highlights of General Berkman's work in the article that follows. If you want to know what the Army Reserve is all about in its 79th year, and what visions are in the works for its future, read on.

The Army Reserve is in better condition today than at any time in its 79 year history, a full partner in the Total Army. Throughout the world, wherever the Total Army is training and making America's presence felt, the Army Reserve is there, contributing and supporting that effort. We train overseas alongside Active and National Guard soldiers, in Europe, the Middle East, Central America, Korea and Japan. Our efforts help deter war and help to preserve the peace.

Our mission is: "to provide trained units and qualified persons available for active duty in the armed forces, in time of war or national emergency and at such other times as the national security requires . . ."

We fill that mission with combat units, combat support units, combat service support units and general support forces. And we also roster more than 300,000 trained Individual Ready Reservists who will provide — in a call-up — replacements, and fillers for existing units as well as cadres for new units.

Command and Management

The Army Reserve's dual mission — to provide both units and trained individual soldiers — is accomplished through two chains of command.

Units of the Army Reserve are commanded by U.S. Army headquarters: First Army in the Northeast, Second Army in the Southeast, Fourth Army in the upper Midwest, Fifth Army in the lower Midwest and parts of the Southwest, Sixth Army in the West and Southwest.

Soldiers of the Individual Ready Reserve are commanded by the Army Reserve Personnel Center (ARPERCEN) in St. Louis, Mo. ARPERCEN — which is subordinate to the Office, Chief Army Reserve — also manages the careers of all Army Reservists.

The Chief, Army Reserve, is by law the advisor to the Chief of Staff of the Army on Army Reserve matters. The Chief of Army Reserve also is the director of Army Reserve appropriations, which make up about 4 percent of the Army's 1987 budget request.

The Army Reserve is a bargain. The cost effectiveness of maintaining so much capability for only a tiny percentage of the budget is a key to keeping the Army ready in the face of funding constraints.

Structuring and Modernizing

More than half the Army's special operations forces are in the Army Guard and Army Reserve. These forces include Special Forces (the legendary "Green Berets"), Civil Affairs forces (which fulfill a commander's responsibility to civilian populations in a military operational area) and Psychological Operations units (which wage war against the enemy's morale).

Five major Army Reserve units are part of the Roundout Program, and in a call-up each would bring to full strength a larger active Army unit. In 1985, the Army Reserve's 205th Infantry Brigade (Sep), with headquarters in Minnesota, was tapped to roundout the Army's new 6th Infantry Division in Alaska.

We're modernizing. In 1987, 19 new systems will be fielded in the Army Reserve for the first time, including:

- the High Mobility Multipurpose Wheeled Vehicle (HMMWV, the "humvee")
- the Squad Automatic Weapon (SAW), a lightweight machine gun
- AN/MLQ-34 (TACJAM), a tactical jamming system

Nowhere is modernization of the Army Reserve going to be more visible than in aviation. In 1987, we'll begin restructuring our flying forces with new units, aircraft, equipment, people and missions. The new Reserve flying force is to be organized into seven USAR aviation groups, with at least one in each Continental Army area. These groups will have combat aviation missions, a role new to the Army Reserve, and units of the groups will be getting UH-60A Blackhawk and AH-1S Cobra helicopters. New and intensive training plans for the expanding aviation force are also in the works.

Another growth area in the Army Reserve is military intelligence. Beginning this year, Army Reserve MI unit strength will begin growing as units are reorganized to support new electronic warfare missions.

Manning

The Army Reserve is growing in personnel. By this September, we anticipate having more than 285,000 drilling Reservists in USAR units, and we're planning to have nearly 300,000 the year after. And we're growing in Individual Ready Reservists and Full-time members as well. More than 300,000 IRR members are on the Army Reserve's muster rolls, and we plan to have more than 26,000 full-timers (active Army, Active Reservists, Military Technicians, and civilian employees) by the end of September. Of these, more than 12,000 are members of the Active Guard and Reserve

Continued

(AGR) program, Reservists supporting units missions fulltime.

Fulltimers are important to the Army Reserve. They handle the day-to-day tasks and help free drilling members to get the most out of training time. Full-time strength is planned to grow to 8 percent of our unit strength by 1991; eventually, we'd like to see ten percent of our unit strength serving or employed fulltime.

ARPERCEN

The Army Reserve Personnel Center is now fully in charge of Army Reserve personnel management and record keeping. In November, 1985, the colors of the Reserve Components Personnel and Administration Center (RCPAC) were cased, consolidating USAR personnel matters under ARPERCEN. RCPAC had existed — in one name or another — since World War I, and under its last title for 15 years.

ARPERCEN has many missions in support of the USAR:

- Command and control of the 300,000+ members of the Individual Ready Reserve
- Management of the professional development and training of all Army Reserve members
- Strength accounting
- Administration of the Individual Mobilization Augmentee (IMA) program.
- Personnel data base maintenance
- Administration of the USAR Active Guard/Reserve program
- Personnel file keeping for all Reservists, and retirees from all components of the Army,
- Plus a variety of missions to provide personnel data and file information to the Army and other public agencies

A Look at the IRR — And at IMAs

About half of the Army Reserve is made up of Ready Reservists who are not unit members. Most of these are Individual Ready Reserve soldiers, and there are well more than a quarter of a million of them.

The IRR consists of trained soldiers who make up the nation's largest pool of individual soldier reinforcements. In an emergency, it would be the IRR that the nation turned to until new Army volunteers and inductees could be gathered and trained.

Most IRR soldiers are enlisted. More than 8 out of ten are male. Some 85 percent are in grades E-4 and below, who average more than two years of active duty in the Army. Seventy percent have a high school diploma or GED certificate. Just under a third hold combat arms specialties; a bit more than a third, each, are trained in combat support and combat service support skills.

In January of this year, more than 6,600 IRR members voluntarily turned out for a series of Congressionally called, first-ever test musters in 13 cities nationwide. (*See related story on page 11.*) During the musters, IRR members updated personnel information, were given military skills tests and a physical assessment. Some of the soldiers reenlisted and some sought assignment to Army Reserve units.

More calls are coming next year. Planned for 1987 is a nationwide mandatory screening of all IRR members, to be conducted at Army Recruiting stations throughout the year. Plans call for all IRR soldiers to report to a nearby recruiting station, usually during their birthmonth. *Army Reserve Magazine* will provide details as the time comes closer.

Another Army Reserve growth story deals with IMAs, the Individual Mobilization Augmentees. These Reservists, and there are some 13,000 of them, train in peacetime with Active Army commands, Department of Defense agencies, and with offices of the Federal Emergency Management Agency. In a call-up, those members would mobilize with the outfits they train with in peacetime.

More than 24,000 IMAs are planned by 1991.

Medics, Lieutenants and Families

The Army Reserve medical establishment makes up essential parts of the Army's medical team. Two-thirds of the Army hospital units and more than 40 percent of its other deployable medical units are USAR organizations.

Reserve medical strength has grown consistently in recent years. From 1980-1985 medical unit strength grew by more than 20,000 members; during the same time, non-unit USAR medical strength has been upped by more than 1,000.

Two challenges remain: shortages in key nursing and surgical skills, and concerns about the quality of the Reserve medical force. Special recruiting and training programs are in place to interest more key health personnel to join and stay in the Army Reserve. And the quality concerns are being addressed by requiring all Army health care professionals, active, Reserve and civilian alike, to meet rigid standards; Reservists whose medical jobs require licensing or professional certification must file documents reflecting those credentials before they can train in Army facilities.

The Army Reserve gets more officers from ROTC than from any other source. Each year, ROTC produces about 8,000 lieutenants; in 1985, more than 2,000 of these new officers were assigned to the Army Reserve. In 1986 and 87 — due to increased Active Army needs — the number will drop a bit. This year and next, ROTC will produce about 1,300 new lieutenants, per year, for duty with the Army Reserve.

Family matters are Army Reserve matters. That's because nothing more determines a Reservist's likelihood to stay in uni-

Continued

form than the understanding and support of the folks at home. ID cards for Reserve families, a new okay for some family events to take place during training time, and the set up of several unit-level family support groups highlighted the Army Reserve's family matters in 1985.

Training

Training is the business of the Army Reserve, and training is a tough business. The Army Reserve is facing new challenges, new responsibilities. It's training to meet those challenges, and shoulder those responsibilities in new places, with new equipment, in a new and increasing tempo.

Overseas Deployment Training (ODT), the sending of key Reserve units and key unit leadership cells to train abroad, is growing. In 1976 only 12 USAR units were involved. Last year, more than 1,100 units sent more than 10,500 unit members to train overseas in places and ways that they'd be most likely deployed after a call-up. In 1986, more than 1,000 units are again involved, with more than 18,500 members scheduled to go.

ODT not only provides realistic training challenges, it also shows positive personnel effects. Reservists training abroad often cite that their overseas duty gives them a better sense of contributing to the national defense. And the good ODT experience is helping convince some members to stay when the time for reenlistment decisions come around.

ODT often involves Reserve unit participation in big exercises, conducted around the globe by the Joint Chiefs of Staff. This year, more than 16,500 Reservists, representing more than 650 units or units cells, are expected to take part in exercises in Europe, Southwest Asia, the Pacific and Central America.

And speaking of Central America, 1985 marked the first year that Reserve units trained there in significant numbers. Starting last year and continuing in 1986 is operation BLAZING TRAILS, a series of exercises of road and bridge improvement. In BLAZING TRAILS, Army Reserve engineer, civil affairs, medical, military police, aviation, public affairs, and other supporting units, deploy to Central America for three weeks of demanding training. *(See related story on page 23.)* Smaller training efforts involving medical and civil affairs units continue in Central America too.

Much of where and how Army Reserve units train is determined by their role in the Army CAPSTONE program. CAPSTONE drives many training decisions. CAPSTONE links all Active Army, Army Guard and Army Reserve units in close peacetime ties that anticipate planned wartime chains of command. CAPSTONE ties are updated annually, and spur units to train for the contingencies that the Army anticipates most needing them to meet.

Yet another growth area is in School Training. More Reservists are spending more time on active duty for formal schooling, studying to master more technical skills, and meet more demanding professional standards.

And physical training is more demanding too. The Army Reserve conducts the Army Physical Fitness Test to unit members annually. The test was recently toughened by increasing the required number of push-up and sit-up repetitions, and lowering the time for running the two miles.

Soldiers over 40 are required to undergo cardio-vascular screening before taking part in the physical fitness test. A pilot program to provide the screening to Reservists is under way, and under scrutiny, for Reserve and Guard soldiers in the Commonwealth of Virginia. Results of the pilot program will help determine how screening will be applied to over-40 soldiers, Army Reserve-wide. And, an effort to change laws affecting Reservists' medical benefits and compensation for disabilities resulting from screening is underway.

Skill training for Army Reserve officers, warrant officers, and NCOs is rougher and more involved than it used to be. Officers must now attend their basic branch course in residence; the option to take the courses by correspondence has been dropped. Officer advanced courses have been lengthened and at least four week must be taken in residence. Direct appointment to warrant officer rank has also ceased, with candidates now required to undergo training, some of which must be done in residence.

Army Reserve NCOs must now complete Non-Commissioned Officer Education System (NCOES) coursework at their current grade level before promotion to the next higher skill level. By 1990, the NCOES program will be reconfigured for the Guard and Reserve.

Training of senior USAR NCOs is up. Since 1981, USAR resident attendance at the U.S. Army Sergeants Major Academy is up 300 percent; participation in the non-resident version is up 40 percent.

Training of the Individual Ready Reserve is a hot topic, though funding does not now permit training all IRR soldiers who volunteer. To ease management of IRR training, soldiers with key mobilization skills are more closely managed and are afforded training opportunities first. ARPERCEN provides as many IRR soldiers as possible with counterpart training assignments with active Army units, and assigns qualified and available IRR soldiers to resident schooling.

A major new IRR training program, just underway, is called DARRT, short for Division Attached Ready Reserve Training. DARRT will place officers (at first) and then enlisted IRR soldiers (as soon as feasible) in progressive training assignments

Continued

with active Army combat divisions and separate brigades. Training will be based on the most likely assignments the Reservist would face after mobilization.

Equipment

Army equipment is distributed on the basis that the first unit to fight is the first unit equipped, without regard to whether the unit is in the Active Army, Army National Guard or Army Reserve. And, more equipment is heading to the Reserve based on a new policy called "distribution of readiness." Under this approach, a unit receives an item that is—for it—critical for combat, before the same item would go to another unit that needed it less.

Another boost for Reserve equipment readiness has been the Dedicated Procurement program. Thanks to Congressional and Department of Defense efforts since 1980, this program has specially steered more than $705 million worth of critical equipment to the Army Reserve.

Medical Equipment for wartime, and enough available to train with in peacetime, has always been a top priority of the Army Reserve's large medical force. A new system of get-up-and-go deployable field medical equipment, including modular wards and other shelters, has been ordered for all Army medical units—including those of the Army Reserve. Called the Deployable Medical System (DEPMEDS), the equipment will be stored, ready to deploy, here and overseas, and will be set up in regional training centers where units—active and Reserve—will rotate in for hands-on training.

The Army Reserve is being issued the new uniforms, including the new camouflaged chemical protective battle dress overgarment (BDO), 133,000 of which will be in Reserve hands by the end of 1987.

Having enough equipment with which to train is the object of the Minimum Essential Equipment for Training Program (MEET). MEET steers equipment to Reserve units—that need it for training—ahead of normal priorities.

Mobilization

Mobilization exercises spur Army Reserve readiness, and the Office, Chief Army Reserve has developed a series of such tests that will involve 77,000 Reservists in about 600 early deploying units. The exercises—which will start in the east where the heaviest concentration of Reserve units exists—will take place in the late 1980s and early 1990s. These major effects will eventually include calling most units in the Army Reserve and deploying them overseas.

The Army Reserve's cardiovascular screening program, once fully in place, will ensure that Reservists are physically fit to mobilize. And, to protect the Army's blood supply, all soldiers—including Reservists—will be tested for Acquired Immune Deficiency Syndrome. This screening of Reservists will begin later this year.

Preparing families for the burdens of mobilization is an ongoing effort. Army Reserve dependent identification cards are being issued to eligible family members, a process which also registers the dependents for post-mobilization benefits. The Family Assistance Handbook for Mobilization, which coaches families on legal and financial concerns they should address before mobilization, has been widely distributed to Reservists.

Construction

In 1985, the Army Reserve built six new training centers and upgraded or enlarged 24 more; we also built two training ranges. This year, six new centers will begin construction, as will a specialized training facility for military intelligence. Also underway will be an equipment concentration site, and upgrade and expansion work on 12 existing centers.

Next year, we plan to begin work on nine new centers, two equipment concentration sites, another special military intelligence training facility, and two local training areas. Upgrade work at 11 other sites is planned.

To Sum Up . . .

These are times of progress and challenge for the Army Reserve. Steady improvements in personnel, training, equipment and mobilization preparedness have made the Army Reserve the finest force in its history. We are recruiting more high quality soldiers and retaining more trained and experienced soldiers than ever before. Training is tough, meaningful and realistic, at home and abroad. New equipment is coming our way in larger quantities. So, we stand ready to meet today's requirements, and tomorrow's challenges. We stand ready to preserve the peace.

U.S. Army Photos by John Florence

Summer Camp?

REFORGER in the Snow

Hot enough for you?

When this issue of Army Reserve Magazine *hits the streets, many USAR units will be sweating it out at Annual Training sites such as Fort Bragg, Fort Bliss and Camp Shelby. These posts—and for that matter, it seems, most others—are not places known for their comfort in the summer months.*

So have a look, through the camera and typewriter of the 121st ARCOM's Capt. John Florence, at how the Army Reserve contends with a somewhat cooler climate:

For 77 Huntsville, Ala., Army Reservists, REFORGER 86 seemed like Refrigerator 86.

"I don't think I've ever been so cold in all my life, at least not all at once," said Spec. 4 Victoria White of Huntsville's 326th Chemical Co. (Smoke Generator).

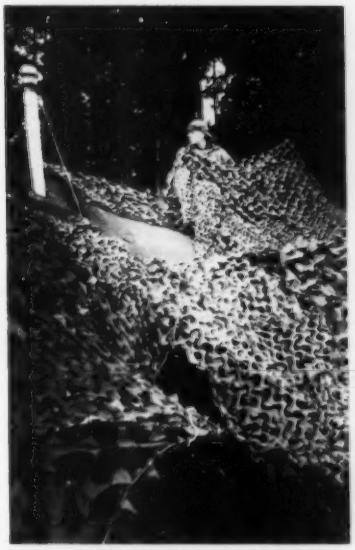
Every day of the unit's annual training in Germany—as a part of the annual, massive REFORGER effort to deploy thousands of active, National Guard and Army Reserve outfits to Europe—was a one-on-one battle with mother nature. Of the 13 days that the 326th bivouacked in eastern Bavaria, it rained or snowed 11 days.

"The temperatures ranged from 16 to 35 degrees," said company commander Capt. Michael Gray. "All together, it snowed about two feet while we were there."

The weather was so severe that planned maneuvering had to be scrubbed; instead, the chilly Alabamians trained at their bivouac area.

"We concentrated on maintenance and individual survival skills," Gray said.

One of the unit's biggest challenges came at the Bindloch Redeployment Assembly Area. There, Reservists worked 12-hour shifts to scrub clean their 24 mud-spattered vehicles. Exacting inspectors from the U.S. Department of Agriculture nit-picked each truck, trailer and jeep to ensure no disease-bearing dirt was brought back to the United States.



From top left, clockwise: Guard duty in the snow, camouflage going up, every fleck of mud cleansed, scrubbing down, a long way home, cooking in the cold.

2nd Lt. Dave McCollum tries his hand at the horizontal ladders, while, below, "how many Reservists does it take . . ."

U.S. Army Photos by Anthony Seals

Unit Pushes PT

Waiting for equipment, New outfit forges fitness And trains for teamwork

by Spec. 4 Anthony Seals
300th PAD

Where there's smoke, there's fire. . . unless you belong to the Army Reserve's 314th Chemical Company, which routinely blows smoke without flames or fire.

Not so routine for the Carrollton, Ga., unit, however, was a recent weekend training session at Ft. McClellan, Ala., where the only smoke it saw was from a hard-charging commander who wanted to stretch his unit to the limit.

Formed only last year as a part of an Armywide reorganization, the unit's normal mission is to camouflage Army units or activities from enemy detection with the use of smoke.

"We could hide the city of Carrollton in smoke with the 24 generators we will eventually have in our inventory," said Capt. Wade Lnenicka, the unit commander.

But blowing smoke was not a major concern of Lnenicka's for this exercise. Realizing that their mission-essential equipment will take a while to come to the new unit, the 314th is staying sharp by emphasizing creative and individualized training.

So the 314th travelled to McClellan, where for two days unit and individual skills and stamina were tested by taking on the confidence, land navigation, obstacle and leadership reaction courses. This trip, according to Lnenicka, provided them the opportunity to train as a unit for the first time.

"The guys were scattered all over the state, during most drills, enrolled in leadership, NCO and smoke generator courses," he said. "The things I'd like to work on this weekend are company teamwork and units. The guys need to get to know each other, especially those in the smoke platoons."

The 314th consists of four platoons—a headquarters platoon, two smoke generator platoons and a fuel supply platoon.

After arriving at McClellan in two buses, the 314th wasted no time in drawing bedding, finding bunks and making the trek to the confidence, land navigation and obstacle course. Emotions ran high.

"You've got to have confidence that you can do it," Staff Sgt. Charles H. Williams said after conquering the frightful height of the slide-for-life apparatus on the confidence course. "I know my limits and what I can do, and I don't let it defeat me. My cigar gives me support. At first I didn't feel like making the climb, but after doing some push-ups, I felt good—the adrenalin really started to flow."

With that, the 51-year-old Atlanta bus driver chomped down on his supportive cigar, smiled, and moved on to the next challenge. (*See article on page 29.*)

After Saturday's lunch, the group converged on the land navigation course. The challenge involved finding points or land markers by shooting azimuths with compasses, and following the angle to find the right marker. Spec. 4 Mark Kimbrough, an expert of sorts, felt it was good training.

"It's good anytime you get hands-on training with a compass," Kimbrough said. "It's easy to get lost and disoriented on foreign terrain."

Kimbrough, a recent graduate of a leadership course at Ft. Bragg, had received high marks on the land navigation course there. His had been the only group to max the course.

And, being a Ranger didn't hurt Kimbrough either. While on active duty, Kimbrough spent the majority of his time as a member of the 1st Ranger Battalion at Hunter Army Airfield, Ga.

The day wasn't complete for the soldiers of the 314th without first taking their bodies to the limit on the infamous obstacle course. They offered these astute observations:

"I need to quit smoking and get myself in shape," said Spec. 4 William Stephens, after completing the course.

"I'm too tired to talk," said Spec. 4 James Knight. "We have to do this at least once a month, especially the older guys."

"It's rough, considering I haven't been to basic yet," said Pfc. Charles Lewis, at 17, the youngest member of the unit.

Lewis is a split training soldier, member of a program which allows high school students to take basic training in the summer between their junior and senior years, with AIT following the summer after they are graduated.

Their weary bodies received a well deserved rest that night . . . only to be pushed back into action the next day on the leadership reaction course.

The course includes eight challenge stations. Each station challenges men and equipment to complete various tasks by overcoming obstacles—imaginary mine fields, for instance. One task involved moving all teams members and equipment to a safe area in 15 minutes. The course prompts leadership and spurs teamwork.

"I worked as a leader and team worker," said Spec. 4 Nathan Diggs, of Atlanta. "We were able to take ideas from one another and put them into action. We all learned from each other."

"Learning and doing different things together as a unit was exactly what the 314th wanted to accomplish over the weekend."

"We came here this weekend to develop confidence, leadership skills and to build esprit de corps and morale," said 1st Lt. Jeff Dean, of Athens, Ga.

"I think we accomplished all of them . . . we have some of the finest soldiers in the U.S. Army."

Having good troops is not a coincidence. Lnenicka looks for that special type of soldier.

"There are two things I look for when interviewing a prospective recruit," said Lnenicka. "One, does the recruit want to be in the unit, two, is he or she capable of learning and being trained."

About 100 soldiers are in the 314th, which is working hard to reach its full strength of 127—five officers and 122 enlisted.

"We have only two women in the unit because of our combat-oriented mission," the commander said.

The MOS for smoke generator operators, 54C, is closed to women.

"We drill in a fire station in downtown Carrollton," Lnenicka said, "the city has really bent over backwards to help us out. We received a great welcome there during our first drill last July."

Ever since its first drill, says a news release from the unit's higher headquarters, the 81st Army Reserve Command, the 314th has been making great strides at becoming a top-notch chemical company.

"And that's no smoke . . . even if they train in a fire station," concludes the 81st.

From top, down: 2nd Lt. Tom Parker starts everybody out on the obstacle course with a sound "You are here . . ." while (left) a unit member prepares for a long slide. Below, members get their bearings on the compass course.

U.S. Army Photos by Randy Piland

Saturday Surgery

USAR's 3297th Hospital, VA Team up to sharpen Reservists' surgical skills

by Spec. 4 Randy Piland
81st ARCOM

It was an early Saturday morning when routine surgery began at the Veterans Administration Hospital in Asheville, N.C. The medical team donned their scrub suits and masks before walking into the bright lights of the operating room—the "OR." The patient was there, in for a hernia repair.

The medical professionals gathered in the OR were Army Reservists of the 3297th U.S. Army Hospital, Section 4. Since last November, the Reservists have taken part in operations at the VA Hospital in Asheville, in a program developed to provide good training for the 3297th's OR specialists.

Maj. Evelyn Woodey, assistant chief nurse for Section 4, came up with the idea to give OR specialists an opportunity for more hands-on training.

She passed on the concept to three VA doctors who are also officers in the 3297th: Col. Amir Neshat, chief of surgery; Col. Tim Takaro, chief of staff; and Col. Stewart Scott, chief surgeon, agreed to the merit of the program and formalized a written agreement between the VA and the Army Reserve unit.

"This is the perfect relationship with the VA Hospital," said Neshat, after completing the hernia surgery.

Neshat, who heads the program, has been at the VA Asheville Hospital for 12 years; he's been a Reservist for nine years. In addition to his VA and Army duties, he is also assistant professor of surgery at Duke University.

The intent of the effort, according to Col. Jim Lewis, Section 4's XO, is to make the training more interesting and to give the Reservists extra experience.

"It's a progressive program and it shows how the VA and Department of Defense can work together successfully," Lewis said.

Maj. Woodey—who dreamed up the project in the first place—remains enthusiastic: "The specialists need this training," said Woodey, "the program is a nice way to take care of the VA's patients. We're looking to total care for their cases."

Before the project began, the unit's OR specialists who are not employed in civilian hospitals only received hands-on surgical experience when they went to Annual Training.

The unit started up in 1964 as just a small group of medical-related personnel with little equipment, according to Sgt. 1st Class Elbert Jones, chief ward master, who's been with the unit ever since.

"Now the training is superb and the equipment is available to do most functions needed to staff the hospital," he said, "and today we can take a patient to surgery."

Top, left to right, then down: Spec. 4 Steve Worley takes a look at a chest X-Ray. Sgt. Sylvia English wipes down OR equipment, Col. Neshat prepares to tie up a hernia repair, and Spec. 4 Alex Barnett takes blood pressure.

The unit's mission is to provide comprehensive care at a medical center and to be able to handle all medical functions at that facility. The Asheville unit is the largest—with 88 members—of the 3297th's three sections outside its Chamblee, Ga. headquarters. The Hospital's other sections are at Orlando, Fla., and Charlotte, N.C.

COSTA ABAJO '86

Army Reserve units take to the tropics, Carving a jungle road in real-world training That will boost a listless village economy

By Diane Dove

GOBEA, Panama — Here on the tropical Caribbean coast, some 20 miles west of the Panama Canal, the calls of exotic birds and the squeals of village children now blend with the rhythmic rasp of diesels and dozers. For in this remote place, U.S. Army Reserve units are carving a road from the dense green jungle carpet, fashioning a thoroughfare where none has been before.

This has been the home of generations of subsistence farmers. Their produce is limited mostly to what they can eat, since their access to market is cut off by the thick jungle barrier. Transportation between villages is difficult and hazardous; much of the region is accessible only by boat, mule or foot.

When completed, the new road will stretch a distance of more than nine miles along the coast, connecting the villages of Rio Indio and Miguel de la Borda. It will open access to main waterways and connecting roads, and boost the local economy. Improved transportation should spur the villagers to grow more crops to sell in the market cities of Colon and Panama City.

The Exercise

The road building operation, called Costa Abajo 86, is part of a "real world" training exercise, scheduled to run from early January through May 1986. It is a Joint Chiefs of Staff Exercise sponsored by the U.S. Southern Command in Panama and conducted by Army Reserve engineers, supported by units of the Army National Guard and Panama Defense Forces. Reserve Component units deploying to Panama are under the operational control of the active Army's 193rd Infantry Brigade.

Costa Abajo — meaning lower coast — is the third exercise of its kind, initiated to provide valuable training experience for U.S. forces; it's the first here for the Army

Continued

Reserve. Furthermore, exercises of this type provide U.S. soldiers with unique and valuable training experience in mobilization and deployment techniques and essential training with heavy-duty engineer equipment.

Army Reservists and National Guardsmen work side-by-side with local Panamanians, helping each other accomplish their joint mission. Separated from the familiar shelter of their home environment, the U.S. soldiers are faced with adjusting to working conditions on a foreign soil — with local people — in a climate strikingly different from that of North America.

The geography of much of Central America is made up of rough terrain little touched by civilization. In this tropical military theater, our soldiers learn to tolerate high temperatures and high humidity for extended periods. The jungle, waterways, swamps, and wildlife all present challenges and dangers which most of the Reservists and Guardsmen have never encountered.

Operation Costa Abajo primarily involves U.S. military engineers and support personnel from Army Reserve units in Alabama, Florida, Georgia, Mississippi, Texas and Kentucky; Army National Guard units from Tennessee and South Carolina, and Public Affairs Detachments from 16 states who rotate to the theater in short increments. Over the course of the exercise, nearly 5,000 members will have participated in Costa Abajo, with about 900 taking part during any single increment.

As part of their annual Active Duty for Training, these Reserve soldiers have the opportunity to refine their engineering and other soldier skills during their 17-21 day rotation periods. A small cadre of troops remained on active duty for the full five months in order to maintain continuity.

The Construction

One Reservist who is working on the construction of the road for the full period is Sgt. Terry Cross of B Company, 844th Engineer Battalion, Chattanooga, Tenn.

Normally, Cross gets up about five or six in the morning and puts in a 12-hour day. But he doesn't seem to mind. "I drive the scrapers and the bulldozers," Cross said.

"The scenery is breathtaking here and my fellow Reservists seem to possess an enthusiasm that is catching," he added. "We share a common bond: a joint mission and a sense of personal accomplishment and self-satisfaction that comes with a job well done."

The first half of the road, the portion that runs from Rio Indio to Gobea (a distance of about four miles) is already in pretty good shape. The bulldozing is finished. Just south of Gobea, at the quarry site at Loma Borrachio, 50-60 loads of rock and gravel a day are crushed and moved to the road site nearby.

"Our Reservists are working on the second part of the road now, from Gobea to Miguel de la Borda; but we're running about two weeks behind because of bad weather," Cross continued. "April is the beginning of the rainy season here. Rain generally slows up the engineering process. Sometimes it causes erosion, which makes it difficult to move the equipment from one location site to the next. We've even had to tie our four-wheel drive vehicles to trees to keep them from being washed away during the rains."

Practical Training

Col. Clifford Burnstein, Deputy Task Force Commander, thinks that the quality of the training that our Reserve Components units receive here is the most significant aspect of the exercise.

"Back home, these troops rarely have the opportunity to be out on a practical training exercise that is real-world," Burnstein said. "At Costa Abajo, these engineer troops have a practical mission. The operation's success or failure ultimately relies on the capability of the logistics units to furnish its troops with supplies to carry out the mission."

"Normally we go to Annual Training for two weeks and everything is ready to go," Burnstein added. "Here we have to bring all our people, supplies, equipment and rations with us. Food has to be specially ordered. It can't be ordered through the supply system. If the requisitions are not filled out and submitted properly and in a timely manner, the troops go without. The logistics people have to be knowledgeable enough to do the job so that the exercise can be as self-sufficient as possible."

Pvt. Johnna Jervis holds young Celinda, with approval from Celinda's mom, Amalia Alveo, at right. Pvt. Jervis was on hand to help out—along with two other Reservists from the 844th Engineer Battalion—when Celinda became the newest resident of Rio Indio, Panama.

Pvt. 2 Johnna Jervis, an Army Reserve medic assigned to the 844th Combat Engineer Battalion, had some special hands-on training in the real-world environment of Costa Abajo. She and two other Army Reserve medics helped out in the birth of a baby — this spring — to a young mother in Rio Indio.

"It was one of those situations you think will never happen to you," said the 22-year-old Jervis, a native Kentuckian who was just six weeks out of Advanced Individual Training when the birth took place.

The day had been uneventful, with a few minor scratches to patch for Reserve engineers working on a bridge. Jervis, along with the two other medics, were packing up for the day when they were summoned to the storage room of the local cantina by a Panamanian soldier. There they found 15-year-old Amalia Alveo in the last stages of labor, and radioed a call to 1st Lt. Velda Jefferson, chief nurse of the 306th Medical Co., Nashville, Tenn., a trained midwife. But Lt. Jefferson was 20 minutes away over the still-unfinished dirt road under construction by Army Reserve engineers. And Amalia's time was clearly at hand.

"I couldn't really talk to her, so I showed her how to breathe and how to relax," Jervis recalls. "I knew it was important for me not to look scared, but inside I was scared to death."

The baby was soon born, a local midwife having arrived to take charge. No more than 60 seconds later, Reservist Jervis and her two compatriots, Pfc. Michael Bray and Spec. 4 Earl Edwards went to work, clamping and cutting the baby's umbilical cord, clearing its air passages. Jervis then helped clean mother and baby. The baby's father, Domingo Ortega, then appeared, and the couple were left alone with their baby.

Shortly, Lt. Jefferson was on hand, and pronounced mother and baby — who was named Celinda — just fine.

"The whole thing was a good experience for me," said Jervis, "it helped give me a little more confidence in my job."

Along with the combat service support units (logistics personnel) and the engineer troops which comprise Task Force 348, the Reserve military police, signal, medical, aviation, civil affairs and public affairs troops get hands-on-training of their own. And, "We use host nation troops," Burnstein said. "Task Force 348 has, as part of it, Panamanian Defense Force engineers and military police who provide essential communications and security support. They are an integral part of the task force."

The real-world aspects of Costa Abajo are many, and contrast sharply with the way Annual Training often works at home. Reserve spokesmen note how stateside training exercises often must be simulated. And, when Reserve troops arrive at a stateside AT site such as Fort Bragg, Fort Chaffee, Fort McCoy, or Camp Shelby, much of the unit's logistics needs are provided by the post. Costa Abajo, on the other hand, helps put this simulated training to real use.

According to Capt. Glenn Exum, a public affairs officer for the Army Reserve in Panama, "All the materials we use to build the bridges constructed here are imported from the United States for exclusive use in this exercise. The cost of these materials was borne by the host nation, and had to be calculated before their purchase and shipment down here from the U.S. As you look around the different sites, you'll see the troops, vehicles, the construction equipment . . . all this came from the United States, and all was deployed, just as it would be in a real mobilization scenario."

The bridges at Rio Indio, on the Reserve-built road along the Caribbean coast of Panama.

Several float bridges have been constructed in Panama by the Army Guard's 2998th Engineer Company from Tennessee. The Guardsmen's work provided Col. Burnstein and Capt. Exum with another example of how things differ when taking Annual Training down south.

"In previous AT exercises, Reservists learned to construct float bridges one day and take them out the next," Exum said. This training was great for the Reserv-

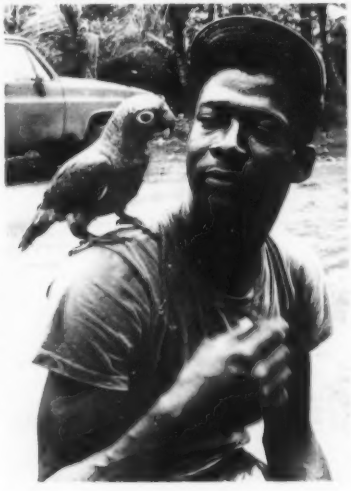
Continued

Cool determination in a warm land, and below, young faces of Rio Indio.

U.S. Army Photo by Diane Dove

Laying culverts

Above, village women grinding grain and, below, Reserve engineer and friend.



ists when it came time to build the real bridges," he said. But there's a difference here, he noted, citing the example of the float bridge in Rio Indio. This bridge stays put.

Col. Burnstein agreed. "Our Reservists were able to accomplish the construction because of their previous training at home. But here the residual benefit is that we have to maintain the bridge. Since its construction, Army Reservists have had to pump up the floats daily, replace valves, and perform other necessary maintenance tasks."

Benefits for Local Folks

For Mrs. Violet MacIntosh, a local resident and owner of the town store in Miguel de la Borda, the new road will make it easier for her to travel to Colon to buy goods and transport them back to her village for sale. The road will also help her neighbors get their produce to market.

"When my people take their coffee beans to market, they carry the bags on their shoulders," said Mrs. MacIntosh. "Some of these people walk down the footpath two times a day. The new road will make it easier to get to Colon to market the goods and it will make it easier for us to buy medical supplies and transport our sick to the hospital for treatment."

Mrs. MacIntosh's neighborhood is an impoverished area. Here, only the better-off can afford a mule, and most people get around on foot or in canoes made from hollowed-out palm trees. Here, the houses have no electricity and the homes have dirt floors. Here the Army Reserve is leaving its mark.

The building of this road will link communities that, while nearby, have always been isolated by the jungles and watercourses. The road will open up the country to future commerce and development, and offer the local people an opportunity to improve their standard of living.

As Col. Burnstein sees it, "not only are our troops receiving the best training they ever experienced in an annual training exercise, they are leaving behind a road and bridges that the Panamanians will be able to use for many years after we've departed."

And, Through Civilian Eyes . . .

A North Carolina newspaper reporter Writes of the Reserve in Panama, Of village life along the road

Violet MacIntosh: "When the road comes through, it will make things much easier."

© **by Bob Scott**

MIGUEL de la BORDA, Panama — Last month a 7-month-old baby, infested with worms, nearly died here.

The worms were on the verge of sapping the last bit of life the child had left when frantic villagers loaded her into a cayuga (a dugout canoe) and took her up the coast through choppy, shark-infested waters to Rio Indio. There the villagers caught a bus to Colon, the second largest city in Panama, and took the child to a hospital.

The trip was fairly smooth. But much of the time the weather here is stormy and waves sometimes swamp the unstable boats. In the dry season, the villagers have to push their boats over sandy shallows. Life is difficult without a road.

But something monumental happened Feb. 20 when the first U.S. vehicle ever to enter the village arrived over a rough road bulldozed through the triple-canopy jungle by U.S. Army National Guard and Reservists here on 17 to 21 days of active duty.

Engineer units from throughout the Southeastern United States are building a 15-kilometer all-weather road to link this tiny village with other towns on the Atlantic side of Panama.

No one is happier to see the road than Violet MacIntosh, the village matriarch, doctor, dentist and one-woman chamber of commerce.

MacIntosh speaks English with a Jamaican accent. She won't tell her age. "I don't tell you because somebody going to be bored about that."

She was born in Panama several years after her father helped build the Panama Canal. She and her husband, Darrel Augustine, settled here when he retired after 35 years working with the Panama Canal Commission.

The village is small. It is a group of small cement buildings painted blue or white, little huts on stilts thatched with palm branches, a church and a one-room school.

Progress never bothered to stop here. There are no power lines. There is a small diesel engine that generates electricity for four hours a night when fuel is available. Some of the houses have one light and there is a TV in the village. Now there are lights in the school because a couple of Reservists wired the building.

MacIntosh has seen people die because villagers were unable to get them to medical aid. She has walked for agonizing hours in the sultry Panama jungle alongside a patient with a back injury who had to be carried tied to a stretcher to the nearest village with a road.

"Even for injuries we have much trouble. Maybe one of the men get hurt with a machete, then he gets an infection. And the children — sometimes there is much sickness.

"When the road comes through, it will make things much easier," she said.

MacIntosh runs a tiny store. Supplies take several days to get here. She said it takes one day to get to town by canoe, one day to shop and another day to come back.

Coconut gathering and fishing are about the extent of work in the village. Women seem to be constantly scrubbing clothes. The inside of the huts are clean. A few chickens wander through the village and children are everywhere. Smiles are plentiful.

"Education is first here," MacIntosh said. "Without education we are nowhere. Education and medicine is what we need. We can always scramble around and get something to eat. We can't catch the fish and make a living. If you catch the fish you can eat then — but fish spoil before getting them to town (to sell) without a road.

"Lobster, you go to all that trouble for what? You can't sell it," she said.

As some of the Reservists prepared to depart in the helicopter that brought them to the village, MacIntosh reflected on another facet of what the road might bring.

"The road is good. We may have trouble. Everybody will be coming in. The first thing I'll have to do is get iron bars for the window," she said.

This copyrighted story is reprinted with permission of the Asheville Citizen. *The reporter was part of a FORSCOM-sponsored media tour of exercise Costa Abajo.*

Personnel Records Messed Up?

Members will sit down with unit leaders To fix, fill and doublecheck their 201s Between now and the end of the year

If you're a unit Reservist who has ever complained: "My records are messed up," the Army's in the process of helping you get things squared away. Soon.

All Army Reserve troop program unit members have until Dec. 31 to update their personnel records in a formal sit-down session with unit officials.

The requirement comes as a part of a new program called PRIDE-USAR, short for Personnel Research Information Data Extract-U.S. Army Reserve, directed by U.S. Army Forces Command (FORSCOM). FORSCOM commands the units of the Army Reserve in the "lower 48" states.

PRIDE-USAR seeks to improve the quality of the Army Reserve's personnel records, as well as improve the data base that supports them.

The program requires a 100-percent audit of each soldier's records, according to Sgt. Maj. Ronald Cebulski of FORSCOM personnel. Cebulski said that the audit will include updating and reviewing the Military Personnel Records Jacket (a hard copy record) and the Personnel Qualification Record (an automated file).

According to Cebulski, each of the five regional continental U.S. armies has developed a program to audit every Reserve record at the troop unit level. And units will [illegible] time, date and place of the audit on the training schedule.

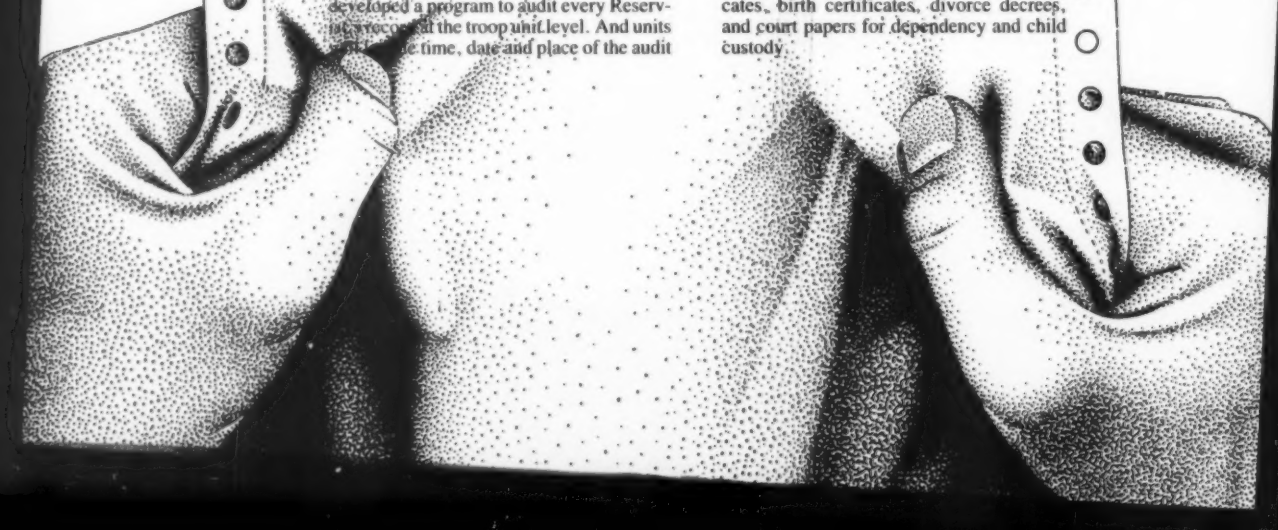
The audit requires the presence of the unit commander, first sergeant, unit military technician and the soldier whose records are being audited. The audits will take place during a regularly scheduled drill, are subject to review by the chain of command, and must be completed by the end of the year.

When audit time comes around, here are some things to look for in your records:

- accuracy of height and weight
- duty descriptions are correct on efficiency reports and other personnel records
- military education data is up to date
- the hard copy of records should include medical and dental records and dental panographic X-rays.

The updating process will also include checks to see that soldiers have a current ID card, two ID dog tags with necklace, a current Record of Emergency Data form, and Servicemen's Group Life Insurance forms.

Sgt. Maj Cebulski said that soldiers whose family situations have changed should bring the appropriate documents that show those changes — marriage certificates, birth certificates, divorce decrees, and court papers for dependency and child custody.



Like to Try One of Mine?

Once upon a time, smoking was a part of living the soldier's life. Less than a generation ago, a small pack of cigarettes came in each field ration box, and "smoke 'em if you got 'em" was a call eagerly awaited at every marching halt, at every pause in training.

At least from the 1940s, smoking seemed to be at the essence of soldiering. So much so that Willy and Joe, cartoonist Bill Mauldin's World War II comic strip GI's, usually had a smoke dangling from their weary lips. Cigarettes were everywhere military men gathered. Puffing away, soldiers socialized at after-duty "smokers", and the proper rolling of a cigarette pack in tee-shirt sleeves was a daily ritual of uniform wear.

No more.

In March of this year, Secretary of Defense Caspar Weinberger set in motion an aggressive anti-smoking campaign throughout the military, active and Reserve forces alike.

"It is, I believe, irrefutably established that smoking, particularly cigarette smoking, has dangerously negative health aspects for everyone," said the Secretary, "but particularly for heavy smokers.

". . . it is essential that we try to reduce smoking as much as possible," the Secretary directed," so that we can reduce both the risk and the fact of illness that could seriously reduce our readiness."

Secretary Weinberger went on to order a major information campaign to beat the anti-smoking drum, and the Department of Defense followed up with a directive that orders a number of specific changes to smoking policies throughout the military.

- Nonsmoking areas are to be posted in all eating facilities in military buildings. In fact, smoking will only be permitted in dining halls when there's enough space and ventilation to assure that non-smokers have a healthy environment.
- Elevators are now smoke free.
- In health care facilities, smoking will be restricted to private offices and special areas. Health care providers on duty will not smoke in the presence of patients.
- Smoking will not be permitted in common work areas unless non-smokers have adequate space and ventilation is available to assure a healthy environment.
- Faculty and staffers at Department of Defense schools will not smoke in front of students, and smoking on school property will be severely curtailed.
- Smoking cessation programs are to begin wherever resouces will permit.
- Information on the dangers of smoking are to be incorporated in anti-drug and alcohol abuse presentations at basic training.

Right now, most of the measures target on helping military people realize the dangers of smoking, helping the smokers among them quit, and helping non-smokers to stay smoke free. Many of the measures are voluntary or—at the very least—cooperative efforts.

But the Secretary's statement suggests that voluntary efforts and helpful information programs might not be enough. Then—after assessing the results of these early measures—sterner stuff may be in order.

At press time the Army banned smoking, except in designated areas. Details in next issue.

Here and there, attitudes are beginning to change. While official statistics suggest that some age groups of military folks still smoke "a bit more" than their civilian contemporaries, there's plenty of evidence the day of the soldier-smoker is dead. The cultural ties between soldiering and smoking are breaking down.

Witness a recent gathering of more than 75 Army public affairs officers and journalists near Chicago; there, according to a participant, only a handful of smokers lit up between classes and work sessions. And, poignantly, there were more than a few sideways glances directed at the several who did fish for cigarettes at break time.

Not once during the three-day gathering did anyone instruct: "*smoke 'em if you got 'em.*"

Wanted: Pay and Benefit Ideas

If you've ever had a bright idea about Reserve pay, benefits, compensation or entitlements, the Pentagon wants to hear from you. Every four years, the military is required — by Federal law — to submit a study of pay and benefits, and submit it to the Congress. In the last go-around, Congress told the Pentagon to pay more attention to Reserve pay and benefit matters; the Army is getting ready to hit the ground running when the new study begins next January.

What's the Army looking for? The sky's the limit, according to Lt. Col. Doug Lamude, the Reserve "bucks and benefits" officer on the staff of the Deputy Chief of Staff for Personnel at Department of the Army.

"We want bright ideas on pay, allowances, commissary and PX privileges, retirement programs, death benefits, the works!," Lamude said. "If you think something should be changed, let us hear from you," he said.

Lamude has put forth the Army's call to ALL Reservists, troop program members, Individual Ready Reservists, Individual Mobilization Augmentees, retired Reservists, everyone.

"We don't have all the expertise here in this building," said the Pentagon-assigned Lamude. "We want to hear from everyone who ever had a good pay or benefit idea."

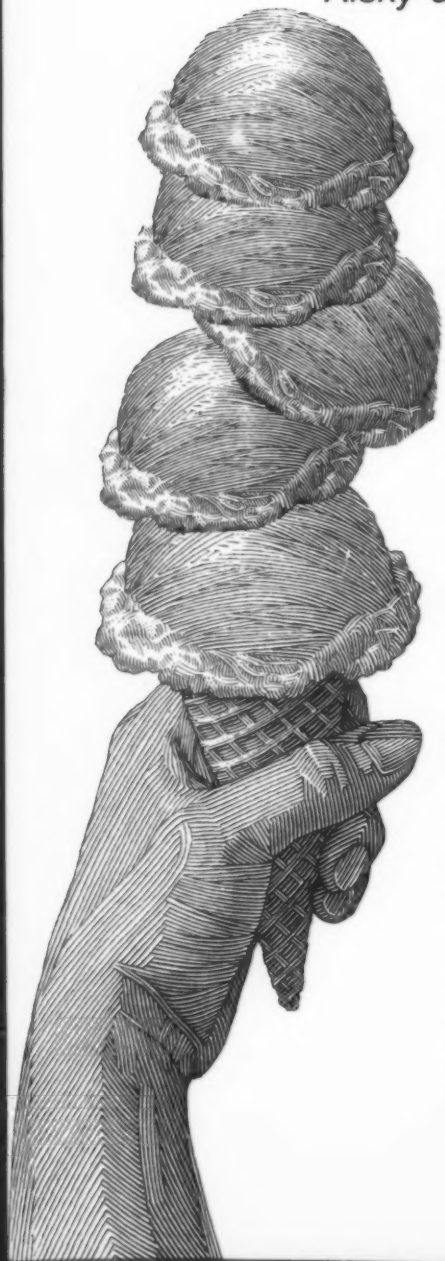
Lamude's office also might be interested in bringing some Reservists to active duty to work on the study, officially termed "The Sixth Quadrennial Review of Military Compensation." If you'd be interested in being considered for a tour, Lamude would like to hear from you.

Send those cards and letters to:

HQDA
ATTN: DAPE-HRP
(LTC Lamude)
Washington, DC 20310-0300

Fighting the Fats?

Risky diets, pills, contraptions won't work



Army Reservists face a weigh-in twice each year. The Army takes its weight standards very seriously, and there is no longer a place in uniform for the obese. But lifelong eating habits and exercise patterns are not easy to change, and researchers are finding hereditary links to obesity that suggest that weight loss can be extremely difficult for those affected.

So what's an overweight Reservist—facing the Army scales—to do? Crash diets? Pills? Fancy devices?

No, not if you care about your health.

Judith Willis of the Food and Drug Administration discusses safety and sanity in dieting in the article which follows.

by Judith Willis

What does it take to lose weight?

Millions of dieting Americans who try to starve it off, melt it off, and sometimes even sleep it off would like to know.

Some people claim to be unable to lose any appreciable amount of weight. Of those who are successful at losing, fewer than 20 percent are able to keep off the pounds that they shed. The rest regain the lost weight.

Is there some deep, dark secret that — once revealed — will enable dieters to lose weight and keep it off? Promoters of some diet products would like the public to think so. But the answer lies not in complicated hocus-pocus, but in a few easily understood scientific principles.

The most basic of these principles is that the body needs a certain amount of energy, expressed as calories, to maintain weight. To lose weight you have to use up more energy — through activity and exercise — than you take in — through food. This means you either eat less, or exercise more. It's that simple.

Most of us who want to lose weight are probably aware of this, but it's easier said than done. It takes a good deal of time and effort, and dieters are easily tempted away from this unglamorous and difficult regimen by the vast array of pills, potions, devices and published tricks that promise to get the excess pounds off quickly and effortlessly.

Some of these products can produce quick weight loss. But they rarely have any permanent effect, and they often send dieters into a cycle of quick weight loss and rebounding weight gain. For these folks, it's even tougher when they try their next diet.

Dangerous Fad Diets

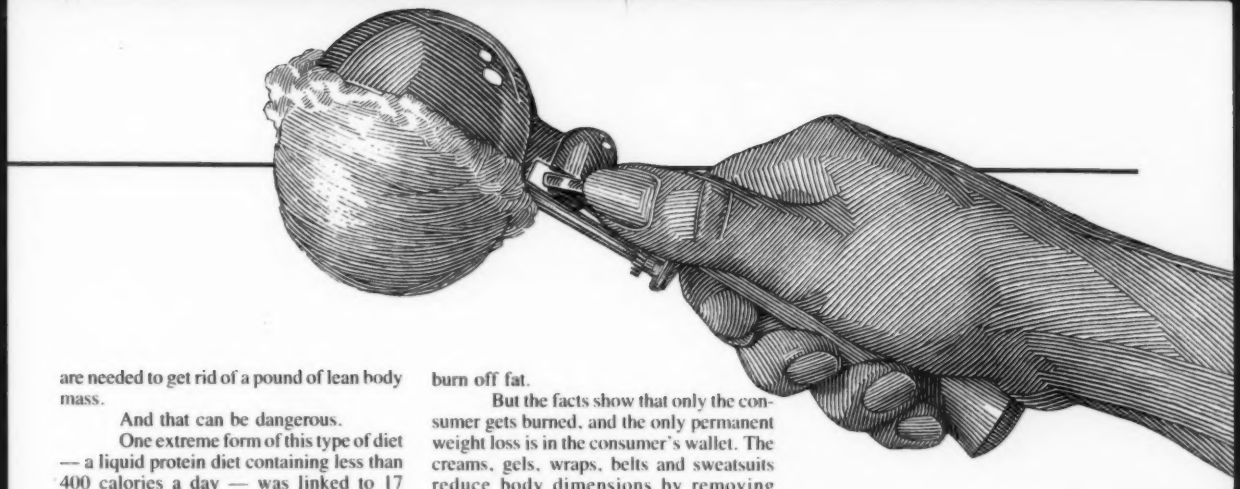
It seems that not a season goes by without at least one diet book high on the best seller list. Some diets advocated by these books are simply variations of a basic, safe, 1,000-1,200 calorie balanced diet. But others are downright dangerous, as they emphasize one food or food group and eliminate others. Simply put, they push unbalanced diets.

Some of these diets fraudulently claim that certain foods have the ability to "burn fat." No food can do that. Body fat is "burned" only by using more energy than is supplied by the food you eat. For example: in the 1970s, diets high in protein and very low in carbohydrates were promoted as panaceas for the overweight, with promises that they would "burn fat" more quickly than a balanced diet.

This kind of diet provides a quick and substantial — but only temporary — weight loss because fatty acids are incompletely broken down. The technical name for what happens in a diet such as this is "ketosis" and it can lead to an acid and alkaline imbalance.

Ketone bodies — formed when fat deposits are broken down for energy more quickly than the body can use them — are passed out of the body in the urine. Presto! The dieter loses water — and weight — quickly, but the weight loss is not lost body fat, and is quickly regained when normal eating is resumed.

Another reason for quick weight loss with these ketogenic diets is that the body is getting energy from muscles and major organs (the professionals call this "lean body mass"), rather from fat. Balanced diets contain enough carbohydrates to provide glucose—a form of sugar — the body's basic energy source. But when carbohydrates are lacking, the body must get its glucose from other sources, such as the protein in muscles and organs. And it's not hard to lose weight this way; while the body must expend 3,500 calories to "burn off" a pound of body fat, only about 480 calories



are needed to get rid of a pound of lean body mass.

And that can be dangerous.

One extreme form of this type of diet — a liquid protein diet containing less than 400 calories a day — was linked to 17 deaths in 1977 and 1978. Scientists who studied the deaths found that the dieters died of irregular heart rhythms and cardiac arrest. The Food and Drug Administration now requires warning labels on weight reduction products when more than half of the product's calories come from protein.

Other very-low-calories liquid and powdered products have appeared on the market recently with a lower proportion of protein. But consumers should be aware that any diet of fewer than 800 calories a day is potentially dangerous and should be undertaken only under medical supervision.

Pills, Potions and Promises

In addition to "magic" foods and fad diets, people often are lured by promises that pills, potions, or tricky devices will take off and keep off unwanted pounds.

Such products are sold in health food stores, drugstores, and in special weight loss clinics and salons. And many are available through the mail.

A few of these — like appetite suppressing eyeglasses with colored lenses that are supposed to dampen the desire to eat — border on the ridiculous. Yet hundreds of seekers of the svelte look are taken by promoters of such products before authorities step in.

One recently promoted device, the electrical muscle stimulator, has legitimate medical uses in physical therapy, but it's worthless for weight loss or figure firming. Claims that stimulation from these devices have the figure-toning value of 3,000 situps, for example, are without any scientific basis. Further, these devices — often sold by mail — can be dangerous if not handled correctly. Reports exist of electrical shocks and burns, and the devices are particularly dangerous for pregnant women and people with heart problems, pacemakers or epilepsy.

A wide assortment of wraps and garments, some with accompanying lotions to be rubbed on the body before donning the clothes, have been promoted as a way to burn off fat.

But the facts show that only the consumer gets burned, and the only permanent weight loss is in the consumer's wallet. The creams, gels, wraps, belts and sweatsuits reduce body dimensions by removing fluids. The user sweats it off. But this is a temporary loss because the fluid is regained when the person eats or drinks.

And rapid and excessive fluid loss is potentially dangerous because it can cause severe dehydration and chemical imbalance.

If shocking or sweating it off isn't the answer, then perhaps a pill — a magic bullet — will work. But science hasn't yet come up with a low-risk magic bullet for weight loss. Some pills and aids may help control the appetite, but they also may have serious side effects. Others are worthless.

So What Do I Do?

Is there a safe, effective way to lose weight? Yes, but it does not involve miracles or new discoveries. To lose weight, a person must use more calories than are taken in. This can be done by eating less or by exercising more. But most experts recommend a combination of the two.

The benefits of increased exercise go beyond burning calories. Some authorities believe that exercise decreases the appetite, in addition to burning calories at a higher rate for some time following the exercise period. Also, many people find that when they exercise they feel better, and that's not an unimportant advantage to the dieter.

Before embarking on any weight loss program, would-be dieters should consult their doctors to be sure that there are no medical problems that would hamper a diet and exercise program. Talking to a registered dietitian or qualified nutritionist can also help.

Women Have Special Needs

Women face more of a challenge in losing weight than men do. Because they generally need fewer calories than men to maintain their weight, women have to reduce more calories in order to lose. For example, most men can lose one to two pounds a week consuming 1,500-1,600 calories a day, where women may have to cut down to 1,000-1,200 calories a day to achieve the same loss.

And because she is consuming fewer calories, a woman on a diet needs to pay especially close attention to the nutrient value of the food she eats.

The Healthy Way

Although women may have more of an uphill battle than men, the same basic principles of a healthy way to lose weight apply to both.

- Consult a physician and, if possible, a dietitian before starting out on any very restricted diet.
- Aim for a moderate weight loss of one or two pounds a week. Research shows that loss in excess of this tend to be losses not of body fat, but of water and lean muscle.
- Reduce portion size, but maintain a balanced diet from the four basic food groups: grains and cereals, eggs and dairy products, fruits and vegetables, and meat-poultry-fish.
- Limit intakes of fats, sweets and high calorie foods.
- Exercise regularly; increase exercise if possible.
- Some dieters find it helpful to count calories; there are scores of pocket and purse-size calorie guides available at nearly any bookstore.
- Eating several smaller meals — rather than three larger meals — also can be helpful.
- To keep weight off, don't return to old eating habits. Some dieters keep weight down by eating the same foods they consumed when on their diet, but in somewhat larger portions. And any exercise program undertaken while dieting should be kept up as part of life's daily routine.

Losing weight is not magic. It is the result of applying basic scientific principles to eating and exercise habits. A lasting weight loss cannot happen overnight; it is a lifetime endeavor.

Judith Willis edits the FDA's Drug Bulletin. Her article was provided by the Army News Service.

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